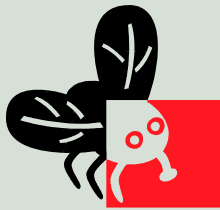




October 2005

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Sully District e-Newsletter



Avoid the Flu Bug County Residents Urged to Get Flu Shot Now -- Flu Shots Available at Health Department District Offices --

The Fairfax County Health Department is encouraging all residents to protect themselves against influenza (flu), a contagious viral respiratory illness, by getting a flu shot now.

According to the Centers for Disease Control and Prevention, the supply of vaccine for this flu season is good and it is appropriate at this time that all people – especially those at greatest risk for complications from flu – get a flu shot.

“Flu vaccines are available in our District Office clinics at this time. We would like to see more people vaccinated,” said Gloria Addo-Ayensu, M.D., health director.

Because it can take up to two weeks for a flu shot to provide protection, people should get a vaccine early in the flu season, which typically runs from October until April, when people spend more time indoors. The illness peaks in January and February.

Flu vaccines are available by appointment at the Health Department's five district offices in Fairfax County, and cost \$25. County residents can make an appointment at their nearest District Office below:

Falls Church District Office – 703-534-8343
Herndon-Reston District Office – 703-481-4242
Joseph Willard Health Center, Fairfax City – 703-246-7100
Mount Vernon District Office – 703-704-5203
Springfield District Office – 703-569-1031

For more information about flu or the flu vaccine, or to speak to a public health nurse, call the Health Department at 703-246-2411, TTY 703-591-6435. View flu season updates online by visiting the Health Department's Web site at www.fairfaxcounty.gov/hd.

HeART of Centreville Calendar

The Centreville Regional Art Guild, in cooperation with the Centreville Community Foundation, present their 2005-2006 16 Month calendar, "The heArt of Centreville"! This full-color calendar features beautiful artwork of the Centreville area created by local artists. Calendars are free with a \$10 tax-deductible donation to Centreville Regional Art Guild, a 501(c)3 organization. For more information, please contact Angela Kleis, President, at 703-963-6771, or Amy Mann, Vice President and Charter Member, at 703-631-1856, or simply send an email to board@centrevilleart.org

The Centreville Regional Art Guild, Inc. is a non-profit organization formed in April of 1999 for the purpose of bringing together area artists to share their interests, enrich their own experience in art, and to contribute to the community's experience of art, by having exhibits, holding drawing and painting sessions, offering workshops, having critiques, organizing trips to museums, bringing lecturers and art demos to our meetings, and by helping all people to experience and enjoy the process of creating art.

Regular "paint-outs" are planned each month, as are sessions with live models, or a still life. Activities are open to adult members of the community, and to children age 13 or higher, with an accompanying responsible adult.

Membership in the Centreville Regional Art Guild is \$25.00 per year, running for 12 consecutive months after dues are paid. Members will receive a monthly newsletter, discounted fees for workshops and entry fees to shows, and be listed in the membership directory.

The Centreville Regional Art Guild is funded in part by The Arts Council of Fairfax County.

Examples from the Calendar:

Magnolia in Bloom by Martha Wills



Western View with Silo by Amy Mann



Mix 66 by Angela Lubinecky

Michael

Michael R. Frey
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